Movement Competency Self-Assessment of Course/Activity Performance – based on set categories and descriptive criteria

**Movement Competency Self-Assessment (*Sample)***

 MANIPULATION (sending/receiving)

LOCOMOTION

STABILITY (Static/dynamic)

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TATICS/STRATEGIES

 First Self - Assessment: Manipulation and Tactics/Strategies are weakest in observation/self-reflection

 Mid Term Assessment: How has the surface area/shape of the quadrangle changed? Why?

 End of Semester final assessment: what does this graphic describe as an overview of course performance/successes/areas of

 improvement